



## **IMPERIAL BEACH JUNIOR LIFEGUARDS**

### **CAPTAIN PROGRAM**

#### **What is a Captain?**

Captains are Junior Lifeguards that are being groomed to become Lifeguards. They operate under the supervision of a Junior Lifeguard Instructor. Captains will be challenged to learn lifeguard operations, ocean conditions and rescue techniques, first aid, and CPR. Captains are also expected to lead younger JGs in practical and physical skills. Captains are based on their age as of June 1, 2013. Captains must be at least 15 years old and should have participated in the Junior Lifeguard Program for at least two years, or equivalent.

#### **Application Process**

A Captain must first pass a swim test (500-meters in under 10 minutes). Once passed, they will go through a formal interview, be recommended by a former or current JG Instructor and complete a competitive 500-meter ocean paddle & swim. The interview is a business interview, where a resume and appropriate business attire are recommended. If you are interested in becoming a Captain, please call the IBJG program number at (619) 628-1419 with any questions.

#### **Swim Test**

All Captain Applicants must pass a timed 500-meter swim test at the scheduled location and time. The 500-meter distance is 22 lengths of a regulation high school pool. The Junior Lifeguard program is not a swim school and will not prepare each candidate for the Lifeguard swim test, and therefore requires above average swimming ability to participate.

**Swim Test Dates: April 20, 2013: 10 a.m. -12 a.m.**

All swim tests will be held at the Brian Bent Memorial Aquatics Complex: 818 6th Street Coronado, CA 92118

#### **Captain Training**

Once captains are selected they will be required to go through Captain Training. This training will acquaint the Captains with daily operations, protocols and expectations. Each captain is required to attend at least 3 of the 4 days of training. Captain Training Dates are to be determined.